

EVENTS OF INTEREST
IN SOCIAL CIRCLES

WOMAN AND THE HOME

DOMESTIC HELPS AND
AIDS TO HOUSEWIVESLAURA JEAN LIBBY'S DAILY TALKS ON
HEART TOPICS

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DO YOU ENJOY LIFE?

"If I had time to find a place
And sit me down full face to face
With my better self, that stands no
- show
In my daily life that rushes so,
If I had time to let my heart
Speak out and take in my life a part,
Ah, God! If I might but just sit still
And hear the notes of the whip-poor-
will!"
If I had time!"

If you are a young girl life should
unfold as many of youth's pleasure as
is possible for you. It is but right
and natural that you should enjoy
them. All girls cannot find enjoyment
in the same pleasures, as their natures
are different. While one has the keen-
est zest for outdoor sports—skating,
walking, tobogganing—another craves
dancing, giving little affairs in her
home for her friends and going to parties,
movies and every place where ex-
citement rules. There's quite another
class of girls who do not go in for any
of these things, finding their enjoy-
ment in going to church affairs and
visiting with girl friends who are as
quietly disposed as themselves.

Whichever turn their fancy takes,
their relatives should not curb them in
too closely, but let them enjoy them-
selves a bit in their own way. There's
not a particle of use in trying to root
out their likes and implanting ideas to
which they are antagonistic.

The sport girl is slow in accom-
panying her sister to prayer meeting,
while the quiet girl, who finds sincere
pleasure in prayer meeting, hears with
horror of the chatter with their new
style of dancing and tulle frocks half
way up to the knees and showing a
girl's back quite down to her waist.

Parents should listen carefully to
the comments their girls make on the
places where they have been and their
opinions concerning the same. The
young folks should not become too
much set in their likes and dislikes.
A girl can be too devoted to her youth-
time and in her after years perhaps
fall away from it when pressed by
other cares. The sport girl can be-
come satisfied with dancing, movies
and flirting. It is for their parents to
introduce a little of the one kind or
the other into the life of each girl so
she will not have to say in after years
that she did not know and therefore
had no enjoyment in her life. A girl's
life is influenced by what she enjoys.
She is more apt than not to marry in
the class she goes with.

After wedding many a girl makes
the fatal mistake of settling down to
a humdrum existence, denying herself
pleasures which she might just as well
have. That is a mistake. We go this
way and that once. Each day should be
measured by its joys, not by its re-
grets. We should crowd as much
healthful pleasure into our lives as we
can without its interfering with du-
ties, or other needs. Every one feels
happier over having a laugh than a
sigh. Women are healthier, better
companions and live longer if a little
happiness is strewn along their path.
Women are the world's flowers, hap-
pily.

SPRING FLOWERING
PLANTS.

JOHN RECK & SON.

A. R. L. Easter Appeal.

The forty days which Christians keep,
The forty days of Lent—
"Out in the wilderness with beasts,"
Was by our Saviour spent.

We celebrate with grateful hearts,
The day when Christ arose;
Opening for us the Gate of Life
That ne'er again will close.

And if as Christians we rejoice
That the world and we have won,
We'll open wide a MERCY Gate
For creatures that are dumb.

But if we read our Bibles well,
That shew us God's great love,
That "not a sparrow falls to earth"
Without God's heavenly care.

And if that tiny bird is worth,
That shew us God's great love,
Of how much greater value
Are the beasts, that burdens bear.

And there's not a soul among us
That's not a creature's need,
That our poor abused dumb creatures,
Never lift their hearts to pray.

For they pray to us for kindness,
To their Creator and their love;
And we'll be held responsible
By Him who reigns above.

If we remain indifferent
To His dumb creatures' need,
When sore oppressed and burdened
By man's cruelty and greed.

When "Wise Men" came to find the
Christ,
Where was it they were led?
To a manger in old Bethlehem.
Where dumb beasts were fed.

And if amidst dumb animals,
Our dear Christ had his birth,
Can we as followers of Him
Esteem them of small worth?

So we appeal to all kind hearts,
That in this city dwell,
To help in the great, glorious cause,
Our humane "A. R. L."

—S. A. B.

PATRIOT'S DAY

Patriot's Day, which commemorates
the battles of Lexington and Concord
on April 19, 1775, will be celebrated
as a legal holiday in Massachusetts
and Maine today. This is also Prim-
rose Day, when Englishmen honor
the memory of that illustrious Jew-
ish statesman, Benjamin Disraeli,
Earl of Beaconsfield.

All duties on imports into Mexico
will be payable in Mexican gold coin
on and after April 20.

SPRING FLOWERING
PLANTS.

JOHN RECK & SON.

ness is sunshine. How long can they
thrive without it?

MISS LIBBY'S REPLIES
TO YOUR LETTERS

Miss Libby's answers to your
letters. Correct name and ad-
dress must be given to in-
sure attention. Initials printed.
Write short letters on one side
of paper only. Use ink. Per-
sonal letters cannot be answer-
ed. Address Miss Laura Jean
Libby, No. 916 President St.,
Brooklyn, N. Y.

SEND NICE CARD
ON FRIENDSHIP

E. W. asks: "Suppose a girl of 19
was escorted by man of 25 a while.
Girl and parent moved to southern
part of state. After six years they
returned 15 miles from young man's
home. Last night he was in Ne-
braska. Not knowing if he is there,
or at his home, may she plan to meet
him and see if he cares to renew
friendship and not be forward? He
has no bad habits. He will like to re-
new friendship, but is bashful."
Having been your guest a while, a
nice card, closely written, on friend-
ship is proper.

A FRIENDSHIP BRACELET.

O. W. asks: "Is it proper or not,
please, for a girl when chatting on the
matter of bracelet acceptance to let a
man infer she would like some time
friendship bracelet? Advice certainly
waited for and appreciated."

It would not be right to ask him for
this. Nice girls are careful not to
breach their friendship with a young
man by spending his money on presents. Be
ladylike and he will think well of you.

COAX HIM TO STAY AT HOME

Mrs. N. D. W. writes: "I am mar-
ried, 30 years old, and husband and I
have trouble. He is afraid I will
spend money. I have three sweet chil-
dren to keep. Don't want any one to
have to adopt them. Will work as
long as I can keep them. Husband
never asks me to go out. He is at
shooting galleries, theatres and plays
pool. Is jealous. Won't talk for days
at a time. I know not why. He hints
at leaving me. I work very hard and
pinch to save for my little ones. I
have for ten years. Please advise."

Try hard to study a way to touch
his heart gladly as of old, for your
children's sake as well as your own.
Have the children seek to have him
tell them stories or play games at night
at home. Each try to be bright, to
read aloud, sing, get up attractions.
Manlike he will soon stay in. Drive
away grief by making brightness and
liveliness at home.

PRESIDENT FAVORS FREE
SUGAR POSTPONEMENT
PUTTING IT ON LIST IN 1920

Washington, April 19.—President
Wilson's State bill postponing the
placing of sugar on the free
list until 1920 in preference to the
House bill postponing it indefinitely.
Chairman Simmons, of the Senate fi-
nance committee, told the President
yesterday that the conference on the
measure was at a deadlock and asked
his advice.

PLAN NEW BARRACKS

New barracks for the accommoda-
tion of inside guards at the Rem-
ington Arms and Remington U. M. C.
plants are now being built. They will
be located in five units and will in-
clude sleeping, lounging and other
physical development quarters.

FOUR DOCTORS
DISAGREED

Pains Disappeared After Use
of Lydia E. Pinkham's
Vegetable Compound.

Wilmington, Del.—"I was suffering
from a terrible backache and pains in
my side, with bearing down pains and
was very nervous. I was always tired,
never could get enough sleep and
could not eat. I had four doctors and
each told me something different. I
read of Lydia E. Pinkham's Vegeta-
ble Compound and decided to try it.
I got good results and I now feel better
than I have felt for years and I am gain-
ing in weight. I can gladly recommend
it to all women."—Mrs. George W.
SEBOLD, 1611 West 4th Street, Wilming-
ton, Del.

Backache and bearing down pains
are danger signals which every woman
should heed. Remove the cause of these
aches and pains by taking Lydia E. Pink-
ham's Vegetable Compound, that good
old root and herb medicine. Thousands
of women have testified to its virtues.
For forty years it has been making
women strong, curing backache, ner-
vousness, ulceration and inflammation,
weakness, displacements, irregularity
and periodic pain.

If you want special advice write
Lydia E. Pinkham Medicine Co.,
Confidential, Lynn, Mass.

A Frock For The
Sweet Girl Graduate

CLASS OF 1916

Irish lace, so durable and pretty, is
common in this frock of white
cotton. The frock is appropriately trimmed with it,
the cuffs and front. The double
flounce is corded twice and the white
satin girdle fastens with a crocheted
knot to match the lace. This gown is
also suitable for confirmation.

HOME HEALTH CLUB

(Edited by Dr. David H. Reeders,
Chicago.)

VITAL ELEMENTS: People that
live in cities or even country districts
where the water supply is impure and
are forced to boil the water in order
to make it safe for drinking purposes
usually complain of the flat or insu-
sual taste. As a matter of fact water
that has been boiled is dead and al-
though all of the impurities that were
in it before boiling are still there, they
have been killed by the cooking pro-
cess and I presume that in their little
world the process of decay is going
on just as it does in the world of our
vision.

To place boiled water in closely
sealed bottles and let it stand in a
warm room increases the bad taste;
keeping the closed bottles in a refrig-
erator helps some and to make this
sterilized water perfectly palatable it
is only necessary to give it plenty of
air. This may be done in various
ways. Letting it stand in a clean
room in an open water bucket or pit-
cher, but covered with a clean cheese-
cloth, will soon restore life and vital-
ity. Ten to twenty hours would not
be too long for it to stand, then a lit-
tle pure ice may be added and you
have a pure and palatable drink of
sparkling water.

The same result could be accom-
plished much more quickly by attach-
ing a clean rubber tube to your auto
or bicycle pump, insert the tube into
the bottle that has been previously
filled with the boiled water, pump
the tube reaches the bottom of the
bottle and then pump air into the wa-
ter for a few minutes.

Many excellent foods are ruined
and their digestibility almost destroy-
ed by cooking. Cabbage is a notable
example of this nature. Chopped fine
or ground in a meat chopper and sea-
soned with French dressing, it is not
only delicious to the taste but is one
of the most easily digested of all
foods. It furnishes some of the very
best of medicinal elements when serv-
ed in this way and it's bulk and per-
centage of waste aids the bowels in
their peristaltic movements.

As soon as it is cooked to the boil-
ing point the organic iron that is so
abundant in the raw lettuce is destroy-
ed and the tough, leathery fibers be-
come very hard to digest. By study-
ing the table of digestibility of foods
in your Home Health Club book, Vol.
1, you will find that there is only one
other article of food that requires
greater powers of digestion or longer
time and that other article is usually
found in the same pot of New Eng-
land boiled dinner.

The medicinal value of many herbs
is destroyed by cooking, that is why
so many of the herb remedies used
by the natives of various countries,
with astonishing beneficial results,
are wholly innocuous when subjected
to laboratory tests of the modern sci-
entists.

Animals use certain herbs in the
raw state and derive certain specific
results, but when the same herbs are
made by man into tinctures, extracts
or infusions, no such results are ac-
crued. The aroma of coffee is largely
wasted when it is cooked in an open
coffee pot and it is for that reason
that coffee made in a percolator is
so much more economical, less cof-
fee is required and the flavor or
strength as it is usually called is much
greater.

Whenever possible, one or two ar-
ticles of fruit or raw fruit or vegeta-
bles should be eaten every day by
everyone. If this rule is followed you
will have fewer doctors bills to pay
and you will feel much more alive
and fit than when you partake only
of cooked foods.

CLUB NOTES

I will gladly answer all inquiries

for information on health subjects
from readers of this publication if
same are addressed to Home Health
Club, 5039 Cottage Grove Ave., Chi-
cago, Ill. Send full name and ad-
dress with 4 cents postage.

Dear Doctor: I would be very
thankful to you if you would tell me
how to remove wrinkles and tighten
the skin of the face. As you have re-
quested us to send you harmless re-
medies which we have tried and found
good, I will tell you of something
which cured me of stomach trouble
when everything else failed.

It was nothing but hot water and
lemon juice. I drank this every morn-
ing half an hour before breakfast.
Put the juice of one lemon in a quart
of hot water. It may not be neces-
sary to drink a whole quart of water
less may do. My stomach was so bad
I could not eat a thing, and lived on
milk for five years. Everything I ate
made my stomach burn and feel mis-
erable, and quite often I had no ap-
petite at all, but since I have taken
the hot water and lemon juice I can
eat anything that I relish without any
unpleasant sensation. I am quite
hungry at mealtime and can now eat
quite heartily. Equal parts of cream
and hot water with just a pinch of
salt is good for catarrh of the head.
Thanking you in advance for infor-
mation asked, I am

M. S.

(Answer) There are several good
remedies for the complexion and some
of them are excellent, but of course,
any single one will not be of the same
service in all cases. Wrinkles can be
removed and the skin tightened by
using proper manipulations and mas-
sage. Always rub along the wrinkles,
never across them. A home remedy
which can easily be prepared by any
one and which was sent in by a club
member some years ago is as follows:
Take one ounce of acetic acid, four
ounces of glycerine, four ounces of
witch hazel extract and a few drops
to spirits of cologne. Apply small
quantities once or twice a day. The
preparations you mentioned are easily
obtained and as they seemed to have
the best effect in your case there is
no reason why they should not prove
valuable to others.

CORNER FOR COOKS

Cauliflower Soup
One large cauliflower, one quart
stock (white), two tablespoonsful
flour, salt and pepper.

Boil the cauliflower separately, and
when cooked, rub half of it through
a sieve and add it to the stock. Season
and thicken with two tablespo-
onsful of flour to each quart of white
stock. Divide the fish into small
cauliflower into little branches, and
heat them in the soup just before serv-
ing.

Fillets of Sole

Fillets of sole or other fish, juice of
one lemon, one small slice of onion,
frying batter made of six ounces flour,
one egg, one ounce butter or salad
oil, one gill tepid water, tomato
sauce, parsley, salt and pepper to
taste. Put in the fillets and marinate
them for an hour in the lemon juice,
onion, parsley, pepper and salt. Put
the flour in a basin with a little salt,
yolk of an egg, oil, butter, or salad
oil, stir in gradually a gill of tepid
water, working all together with a
wooden spoon, till the batter is smooth
and looks like rich cream; let it stand
two hours, then beat in lightly the
white of egg, whipped to a stiff froth,
and use. Drain the fish from the mar-
inade, dip each piece in the batter,
fry a golden brown, drain, sprinkle
with minced parsley and pile on a
dish.

Steak Stewed with Tomatoes

Two pounds of steak, one pound of
tomatoes, one Spanish onion, salt and
pepper.
Cut the tomatoes and onion in slices
and put them in stewpan, add salt
and pepper. Put in the steak and cook
till it is tender. Rub the tomatoes
and onions through a sieve. Return
the steak to the saucepan, pour the
sauce over it, reheat and serve.

Scalloped Celery

The coarse outer stalks of the cel-
ery may be used for this dish. Cut
them into inch lengths and cover with
salted water. Stew until tender and
drain, but keep them hot while mak-
ing the following sauce.

Cook together a tablespoonful of
butter and a tablespoonful of flour,
and when they bubble pour in gently
a cupful of milk, stirring until thor-
oughly thickened. Put the celery into
this smooth white sauce and turn the
whole into a buttered pudding dish;
cover the top with buttered bread
crumbs and bake until brown. This
simple dish is very nourishing.

Pineapple and Marshmallow Pudding

To one cupful of marshmallow, cut
in quarters, take one cupful of pine-
apple juice, six slices of pineapple and
one-half cupful of whipped cream.
Soak the marshmallows in the pine-
apple juice for four hours, add the
pineapple cut in cubes and beat in
the stiff whipped cream. Serve in
pretty glasses.

BRAZIL LEASES

INTERNED SHIPS

Rio Janeiro, April 19.—It is official-
ly announced that Germany has au-
thorized shipping companies to lease
to Brazil for coast service and for the
length of the war only three steam-
ships interned in Brazilian ports un-
der condition that Brazil obtain from
the entente allies a guarantee that
these ships will not be captured nor
attacked.

A stock dividend of 50 per cent was
declared by the American Zinc, Lead
& Smelting Co.

ASK FOR AND GET

HORLICK'S

THE ORIGINAL

MALTED MILK

Cheap substitutes cost YOU same price.

Jane Addams Suffers
From Serious Illness

JANE ADDAMS

Miss Jane Addams, the famous
sociologist of Chicago and prominent
member of the Ford peace party, is
seriously ill. She suffers from tuber-
culosis of the kidneys, with diabetic
complications. Professor Emily G.
Balch of Wellesley college, who was
Miss Addams' alternate as a member
of Henry Ford's permanent neutral
peace conference, said: "Miss Addams'
health is in a precarious condition, but
it is much better than it has been. It
is hoped that a few more months of
rest and treatment will enable her to
make the journey to Stockholm for
the coming conference on international
peace."

TODAY'S POEM

THE ARTIST ALPHAND

An artist killed a man,
He dropped him in his track;
A stranger, all unarmed,
He shot him in the back.

Then with his skilful pen
While ebbing the life blood warm,
He sat beside the corpse
To sketch the murdered form.

Came those who taxed his guilt,
Who found his foul offence,
And then he straightway spoke
In his conscious innocence.

"Of course," said he, "I killed
Upon this very spot.
But it was some one else—
You man I slaughtered not."

"Behold my cubist sketch, most vivid
For quick acquittal begot;
I slew a flight of steps
Upon some scrambled eggs."
McLARBURGH WILSON.
—The Sun.

LITTLE BENNY'S
NOTEBOOK

(By Lee Page)

Weather—Showers, unless you have
got your umbrella with you. Grate
Discovery. On an exciting voyage of
exploration, the editors of the Park
Ave News discovered a place where
you get 2 milk shakes for a cent.
Anyone wishing to know where it is can
find out for the sum of one cent.
Lost and Found Department—Lost.
A pen knife with 2 blades, one missing
and the other broke in half. Suitable
reward.

Found—Nothing.
Sisley's Notes—Miss Mary Watkins
has returned from the South, where
she has been spending 2 days with her
ant who lives 6 blocks south of Miss
Watkins' home. Miss Watkins, who
said she didn't notice any difference in
climate.

Wanted to Exchange—A electric
kite torch that don't work, for bicycle
bell. (Advertisement.)
Sports—A race was held on Pudd
Simpkins' front steps to see who
could count up to a million first. No-
body won on account of sum of the
fellows forgetting how much they had
counted up to, and the rest having to
go home to supply but it was a ex-
citing race on account of everybody
counting out loud.

Poems by Skinny Martin.
Little drops of brick and stone
Make the mitey waters.
O see the April showers
Trying to make May flowers!
Intriguing Facts—The moon is
238,800 miles away, but you don't have
to have extra good eyes to see it.

AGAINST PREFERENCE TO

SPANISH WAR SOLDIERS

New York, April 19.—William Wil-
liams, Commissioner of Water Sup-
ply, Gas and Electricity, is aroused
over the proposal to extend a prefer-
ence to veterans of the Spanish-
American War in the appointments to
civil service positions in this state. It
was learned today that he had writ-
ten to Thaddeus C. Sweet, Speaker of
the Assembly at Albany, under yester-
day's date, protesting against a
bill now before the Legislature which,
he charges, threatens an "unfair and
undeserved preference" for these vet-
erans being written into the statutes.

W. K. MOLLAN HONORED

William K. Mollan, shoe dealer of
this city, has been honored by Gov-
ernor Marcus Holcomb in an appoint-
ment made yesterday as delegate to
the national convention on conserva-
tion to be held in Washington, D. C.,
May 1 to May 4.

The New York Central Railroad
has lifted its embargo on freight
shipments established several days
ago at Toledo.



The young lady across the way says her father is only 57 and she
hopes it will be many years yet before he begins to reach the zenith of his
power.

G. A. R. Men Guests
At 60th Wedding
Feast In Terryville

Terryville, April 19.—Many friends
of Mr. and Mrs. Amzi P. Clark called
upon them at their home on Saturday
and Sunday to extend congratulations
and felicitations upon the sixtieth anni-
versary of their wedding. One of
the most delightful features was the
presence on Saturday of a dozen
Union war veterans, comrades of Mr.
Clark and members of Gilbert W.
Thompson Post, Grand Army of the
Republic, of Bristol, who brought
with them 60 carnations and a quan-
tity of daffodils. There were also
many beautiful flowers from neigh-
bors and friends.

Mr. and Mrs. Clark were married
in Forestville, Conn., on April 16,
1856, by the Rev. Calvin B. Ford, a
clergyman of the Methodist Episcopal
Church. Mr. Clark being a clerk in the
store of George Pierpont at that time.

Easy & Practical
Home Dress Making
Lessons

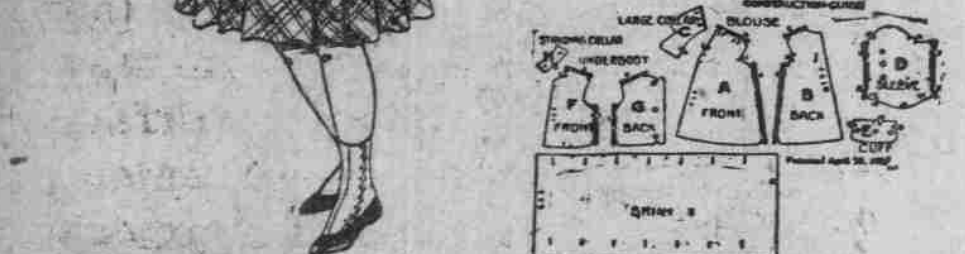
Prepared Especially For This Newspaper
by Pictorial Review

Partly Scotch, Partly French.

Foration. Close under-arm and shoul-
der seams as notched.

Now, close back seam of skirt from
large "O" perforation to lower edge;
finish edges above for an opening.
Turn a hem at lower edge on small
"o" perforations. Form plaits, creas-
ing on slot perforations bring folded
edge near center-back to center and
bring remaining folded edges to cor-
responding small "o" perforations;
press plaits. Sew to lower edge of
underbody, center-fronts and center-
backs even.

Next, gather the shoulder edge of
the blouse between double "o" per-
forations, and make 2 rows of gath-
ers below, 1/4 inch apart. Close under-
arm and shoulder seams as
notched. Face, large collar, sew to
neck edge, notches and center-backs
even. Stitch straight straps of ma-
terial or ribbon (1/4 inch wide) to



Typifying the smartest of chil-
dren's modes is this frock in Scotch
gingham and French linen, with
blouse, waist and side plaited skirt.

The plaid gingham of this little
frock is Scotch and the plain linen is
French, a friendly combination. The
blouse is most effective in white, and
requires about 2 yards of material
to make for a girl of average size.
The skirt requires about the same
amount of gingham. It is attached
to a sleeveless underbody which may
have a round, pointed or square neck.
It is well to begin the construction
of the dress with the underbody.
First face the front from neck edge
to 1 1/4 inches below the lower small
"o" perforations, then face the back
from neck to edge to about 1 1/4 in-
ches below. Plait lower edge of
front, placing "T" on small "o" per-
foration.

Pictorial Review Costume

Price, 15 cents.

These Home Dressmaking articles are prepared especially
for this newspaper from the very latest styles by The Pictorial
Review.